

# The Feel Better Newsletter



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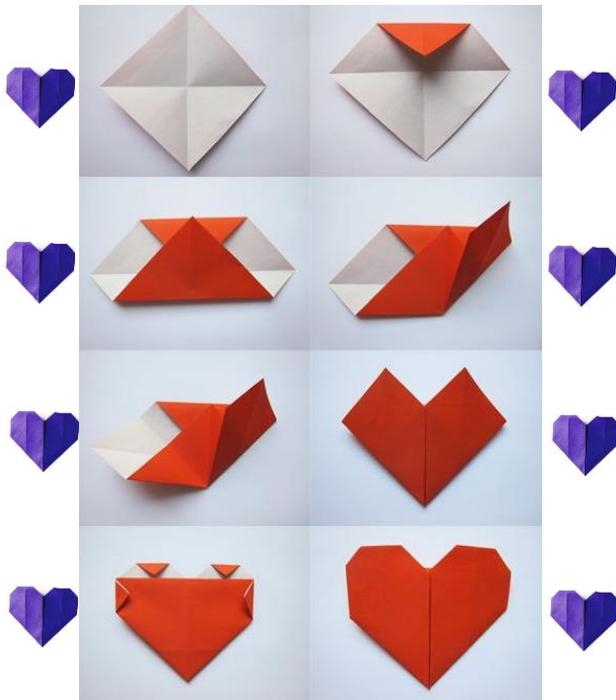


## Kindness part 2!

I hope that you all had a lovely Half Term break! For all of you who are back in school today, I hope you had a good day and it wasn't too strange.

This week we are continuing to look at how we can be kind to each other. I feel like the Coronavirus has pulled communities together. I have read so many stories of people helping their older relatives and neighbours. Whenever a crisis happens in the world, you will always find people who go above and beyond with their kindness.

I told you about gift giving in the last newsletter, I think that homemade gifts are so special. The thought and time that you put into creating a present shows that you care. I wanted to show you how to make an origami heart. You could even write a secret message inside then give it to a friend or a member of your family!



## The Starfish Story

As an old man walked the beach at dawn, he noticed a girl ahead of him picking up starfish and flinging them into the sea. Finally catching up with the girl, he asked why she was doing this. She answered that the starfish would die if left until the morning sun.

"But the beach goes on for miles and there are millions of starfish," said the old man. "How can your effort make any difference?" The girl looked at the starfish in her hand, threw it safely into the waves and said, "it matters to that one!"



## Project Kindness

I would love it if all you reading could add a little extra kindness every day. This could be -

- Picking up litter and putting it in the bin
- Say hello to your neighbours when you see them
- Ask your parent how their day was
- Make a card for a friend and send it in the post
- Help to empty the dishwasher or wash up
- Tell people in your family you love them
- Share your sweets
- Set the table for dinner
- Make a friendship bracelet
- Give someone a compliment

Kindness  
is  
Magic

**Your worries** – Thank you for your messages. Send me an email with any worries and I will try to help. Email [feelbetternewsletter@gmail.com](mailto:feelbetternewsletter@gmail.com)

*Dear Jo, I am sad that school sports day is cancelled this year. I have always won medals in the past. Sports is what I'm good at. From A.J age 9 Hi A.J. I know, its rubbish that events have been cancelled, especially when it is something you look forward to and you are good at. Is there any way you could do a sports day at home with your family? You could use your garden or a park, decide on the races and record the results. You could even make your own medals from string and tinfoil. I think it could be really fun!*